

WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor.
DAILY DEPARTMENT OF THE
WASHINGTON HERALD.

Correspondence is invited. Address all communications to the Woman's Editor of The Washington Herald.

SATURDAY, JULY 3, 1915.

WOMEN AND THE WEATHER.

Look about you in the store or office, in the street, the theater or at home. Doesn't it seem as if the women stood the heat better than the men?

The man at the next desk has surrendered to the advances of the July hot spell. He is sans waistcoat, sans coat. His sleeves are rolled up and soon he will unfasten the collar that is moment by moment losing form and shape. The electric fan is turned in his direction, but all to little good. With a large handkerchief he is mopping his heated brow and he is longing for the glass with the crackling ice, the straw and crushed mint leaves.

Then there is the girl in the office. She is cool and collected. Perhaps her face is a little flushed, but she doesn't look miserable. Occasionally, to be sure, she pats her face daintily with her handkerchief and, when you aren't looking, she dabs a little more talcum on her nose. But that's all.

No one disputes the fact that women are more adaptable than men and surely they endure changes in weather more gracefully than men do. Just see how much more sensibly they change their raiment with the rising thermometer! When it is too hot for coats the woman wears a frock that needs none. When collars are a burden she wears her throat bare and when long sleeves would be unbearable she wears them short. It is only poor conservative unadaptable men who insist on starting out the day with two inches more or less of uncompromising starched linen about their throat when the mercury soars past blood heat. No wonder he is uncomfortable. No wonder he frets and looks miserable in July.

Gen. French, field marshal of the English forces, in his latest report mentions the names of fifty-eight women whose distinguished military services in the field and gallantry entitles them to honorable consideration. Gen. French has heretofore been opposed to political power for women, although his sister, Mrs. Despard, is one of the leaders of the English votes for women movement.

Recently, Gen. French paid a visit to his aged sister especially to tell her that he had become convinced that women should have full and equal power in government, and that even on the battlefield they had an important place.

Italy is indebted to a woman, Signora Bianca Bardioli of Bologna, for the invention of a gauze mask to neutralize the effect of asphyxiating gases. It has met with the approval of Senator Giacomo Ciamician, professor of chemistry in the University of Bologna, and has been presented by him to the military authorities. While men are preparing new devices for the taking of life, women seem to be at their age-old task of preserving life. The women of Bologna are already making great numbers of these gauze masks for the Italian army.

HOROSCOPE.

"The stars incline, but do not compel."

Saturday, July 3, 1915.

Early in the day the planets exercise a kindly way, according to astrology. Jupiter, Mars and Neptune are in benefic aspect until evening, when Uranus and Mercury are in aspect.

It is a good foreboding for journeys of all sorts. Both on land and water transportation is likely to be safe. The stars are helpful to all who desire to close transactions in business. There is a direction believed to increase energy and to aid the quick and exact agreement. All executive work should be facilitated while this configuration prevails.

The planets foreshadow a quiet and peaceful Fourth with less peril of war than has been recently.

Uranus is in a place indicating misunderstanding and antagonism for persons in places of authority. Editors and writers will be unusually severe in criticism of political leaders, but President Wilson will win added honors.

This is a most unfortunate day for entering into contracts or signing papers of any sort.

Six planets in the sign of Cancer bode ill for the peace and prosperity of South America.

Warning is given against riots and disturbances in cities. Labor difficulties will be numerous during the remainder of the summer. Militia will be called out and public alarm will be widespread in certain States.

Again the death of a world famous financier is indicated. This will cause anxiety in unquieted quarters.

Unusual and unreasonable weather is prognosticated for this month. Farmers may meet with severe losses, but bountiful crops are predicted. Stock-growers should be exceedingly careful to guard against diseases.

Jupiter is read as giving promise of increase of prosperity in the United States, but labor difficulties will impede certain lines of business, especially in the West.

Persons whose birthday it is may have many anxieties because of legal documents or letters. The young may offer grave domestic problems.

Children born on this day have the augury of success and happiness. These subjects of Cancer may be careless in money matters and inclined to spend lavishly.

FOLK WE TOUGH IN PASSING

THE-BUSY-MAN AND THE-GO-AWAY-LADY.

By JULIA CHANDLER MANZ.

(Copyright, 1915.)

Do you spend the most of your summers in stuffy hotel rooms, surrounded by uncongenial people; wasting precious time away from your husband, and longing all the while for the cool recesses of your own front porch, and your roomy house, just for the sake of being fashionable?

Then read the story of The-Go-Away-Lady who found out how mistaken an idea it was, and how very unjust to The-Busy-Man.

"Have you decided upon a place for the summer?" questioned The-Busy-Man of The-Go-Away-Lady in a tone that teased even while it expressed more wishfulness than he intended.

"It is almost the end of May," he reminded her, "and it would never do to be caught in the city a day after the first of June. It wouldn't be fashionable, you know," he laughingly mocked.

And when he had waved his morning good-bye from the end of the walk The-Go-Away-Lady sat for an hour in the comfortable chair on the broad veranda of their pretty home smarting furiously under the truth of his jesting words.

She had been so in the habit of leaving the city for the most part of every summer that it had never occurred to her that there might be any more sensible plan, nor that her going might in any way be inspired by the fact that her friends all considered it quite plebeian to keep open house in town when it was plainly fashionable to do otherwise.

But the tone in which The-Busy-Man had made his very natural inquiry stirred something within her that had been sleeping. It made her think of the miserable summer she had spent last year vacationing on a mosquito infested coast, and of many others that lay behind that which had carried with them infinitely more of discomfort than of pleasure. But most of all she thought of that new note of wishfulness with which The-Busy-Man had asked about her plans.

All day long it rang in her ears, haunting her as she went through her list of possible places for a vacation, never leaving her as she attended her duties in the pleasant eight-room house with which The-Busy-Man provided her, until the evening brought him home—very tired, very warm, and very grateful for The-Go-Away-Lady's companionship and the cool, sweet recesses of their dear little home.

The red ramblers were rioting up and down the pillars of the broad veranda; the June nights were wrapping the earth in their mystery of moonlight, and still neither The-Busy-Man nor The-Go-Away-Lady had reverted



"Only I have decided upon the place to spend my vacation."

to her selection of a vacation place, until at the close of a day The-Busy-Man came home from his office wondering why in the world his wife had not followed her fashionable friends to seashore or mountain.

She was standing on the porch, and with her greeting chuckled so delightedly, that at once he wanted to know what had happened.

"Nothing much," she told him, "only I have decided upon the place to spend my vacation."

Whereupon that same wishfulness which The-Go-Away-Lady had detected in his voice when first he had broached the subject crept into The-Busy-Man's eyes as he followed her into the house, where he found the furniture covered with cool, white linen; summer draperies swaying in the evening breeze, Crex rugs upon the floors, and the perfume of flowers pervading the rooms.

The-Busy-Man was so accustomed to quite a different sort of preparation for summer in the house that he wheeled quickly and lifted the face of The-Go-Away-Lady that he might look into her eyes.

"I am going away for my change right here," she told him.

"You mean—," said The-Busy-Man in a voice that trembled so that he could not finish his question, and The-Go-Away-Lady's eyes were brimming with tears as she answered.

"I did not know until just recently that this business of going away for the summer is only a necessity of the imagination, for that one can be infinitely more comfortable in a cool, clean eight-room house with big shady porches, and plenty of closet room than one can ever be in some stuffy hotel room where one goes just to be fashionable."

"I thought it all out," went on The-Go-Away-Lady, "and I have decided that there will be much more happiness in little larks which we can have together right here; little week-end trips we can take until you get your two weeks' vacation later in the summer. Then we'll go away together and get a little change, and I am looking forward to it all as I never yet have looked forward to spending two or three months at some fashionable resort."

When The-Go-Away-Lady had finished her explanation The-Busy-Man stood very still beside her, his eyes yearning over the comfort of the sweet, cool rooms, his mind busy with wonder concerning his right to accept a plan which he was sure would sacrifice her pleasure.

But The-Go-Away-Lady read his thought and told him gaily that she had a hunch that she was about to spend the happiest summer of her life.

Whereupon The-Busy-Man gathered her into his arms with an inarticulate cry which told her more of the loneliness of his former summers than she had ever dared imagine.

HOUSE-WIVES DAILY ECONOMY CALENDAR

FOR THE FOURTH OF JULY PICNIC.

Salad eggs—Boil hard as many eggs as will be needed; chill them thoroughly in cold water. Shell, cut each lengthwise and scoop out the yolk. Mash this up to a fine powder in a bowl, add a teaspoon with salt, olive oil, a little lemon juice or vinegar. If only adults are to eat the eggs, a little cayenne and Worcester sauce will be an addition. Mix well, stuff the yolk back into whites, smooth off top with a knife, and after putting the two halves together wrap in waxed paper.

Cream may be used instead of the oil for wetting egg yolk.

Grilled meat sandwiches—Broil lean bacon slices, or ham or salt pork, and p. between them slices of gluten or graham bread, pared of crust. A tender lettuce leaf put against the bread will be a delicate addition to these substantial sandwiches. With the same breads delicious fillings can be made with slices of fresh tomato or cucumber or tender lettuce, either of these mixed with mayonnaise.

Sliced in apple baskets—Bright eating apples are scooped out and filled with any salad mixture liked, the top of the apple being afterward put on and fastened with toothpicks. There must not be enough dressing to run, although when fastened up tight the apples hold their contents very neatly.

Frankfurter and kraut sandwiches—In many of the department stores which have a luncheon room the sausage and sauerkraut sandwich is well known. Those for picnic use can be served the same way, one frankfurter and a spoonful of the cabbage put between the halves of a long, narrow roll. The cabbage and sausage are first cooked in the usual way, of course. Sturdy picknickers find such bites suited to their healthy needs.

Pepper salads—These individual appetizers may be suited with any salad mixture, white potatoes and mayonnaise, cucumber and tomatoes, or boiled asparagus made of red cabbage seasoned with caraway seeds, sugar and vinegar. If the last is used, it must be drained dry of liquid before it is put in the peppers. A little top is cut off these at the stem end, and after the filling is put in the top is put back and held securely with a bit of clean twine. The seeds and pith must be removed from the peppers, of course, or else they will be too hot to eat.

(Copyright, 1915.)

FAMOUS WOMAN HER BIRTHDAY AND YOURS

July 3—Charlotte Perkins Gilman.

Never since the feminist movement began in this country has so much been done by one woman to set the movement before the attention of the men of the community as has been done by Charlotte Perkins Gilman's famous book, "The Man-made World," published five years ago. In influencing legislation such a woman as Susan B. Anthony did much more; in carrying conviction to women Dr. Anna Shaw has wielded greater influence, but in persuading mere man Charlotte Perkins Gilman has surpassed them all.

"The Man-made World," written with such wit, shrewdness, and vivacity as to compel every man's interest, presents the theory that heretofore this world of ours has been ruled and dominated by man, and that as a result most of our institutions and traditions, customs and practices of government are made mainly for the benefit of the male half of society. Mrs. Gilman's deductions are at once amazing and convincing.

Mrs. Gilman was born fifty-five years ago today in Hartford, Conn., and as the great-granddaughter of the famous Beecher came of a line of literary folk. At 24 she was married for the first time, and fifteen years ago she was again married, this time to Mr. George H. Gilman. Mrs. Gilman began her public career as a lecturer on questions of ethics, economics, and sociology.

(Copyright, 1915.)

TOMORROW'S MENU.

"There was a delicate fragrance of sweetbread and asparagus brought in at six o'clock. Mrs. Gilman was alone, and she ate it all away again."—Jane Austen.

BREAKFAST.

Raspberries.
Cereal and Cream.
Lamb Chops.
Toast.
Coffee.

DINNER.

Fruit Bouillon.
Steak Loin.
Mashed Potatoes.
Green Beans.
Tomato Salad.
Ice Cream in Liberty Bell Molds.

LUNCHEON OR SUPPER.

Creamed Sweetbreads with Asparagus Tips.
Brown Rice.
Ice Cream.
Sponge Cake.
Black Raspberries.

Lamb chops—Broil French chops, spread with melted butter, stack on end on a warm platter, and thrust a small American flag in the top of the stack. Fruit bouillon—Put a cupful of cherries, add the juice of a lemon and the juice of three oranges with the pulp of two cut into dice. Serve in tall glasses very cold, as an appetizer.

Browned wafers—Sprinkle salted wafers with pepper and spread with butter. Brown in the oven and serve hot.

Churchmen Favor Suffrage. Philadelphia suffragists are proud of the roster of the prominent clergymen who have lent approval to the Catholic Women's Suffrage League. Among the very influential Catholic clergymen whose names appear in favor of women suffrage are: Most Rev. R. McDevitt, superintendent of the parochial schools; the Rev. Thomas C. Middleton, of Villanova College; the Rev. Dr. Hugh Henry, president of the Catholic High School; the Rev. Henry T. Schuyler, assistant president; the Rev. Joseph L. J. Kirby, rector of the Church of the Most Precious Blood; the Rev. Henry C. Schuyler, in speaking of the suffrage movement, said:

"As to the natural fitness of women to exercise the right of suffrage there hardly can be any doubt. If there are some questions that men seem better endowed by nature to discuss and decide, on the other hand there are equally important questions that come within the province of women; questions of the settling of their homes, of the raising of their children, of the management of their households, of the care of their families, of the education of their children, of the health of their families, of the moral and social condition of the community, of the progress of the nation, of the destiny of the world."

Can any of our readers give us this information?

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Conducted by Mrs. Charity Brush

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Co-operation is the secret of success in any business; so why not in the business of motherhood, that highest and holiest calling which always has been and always will be woman's crown of glory, no matter what other avenues of usefulness may be opened to her? Address Mrs. Charity Brush, care of this paper.

(Copyright, 1915.)

Last summer I was invited to spend a few days with a friend at her seaside home, and I gladly availed myself of the invitation. She had been a girlhood companion; I had not seen much of her for years, and the opportunity to see her in her pretty home and become acquainted with her two young daughters was a welcome one.

The three days of my visit—I could not spare more than the week-end—were really a little heaven. I was surrounded by delightful memories, so crowded were they with motor rides, trips on the water, sea bathing, and all the other pleasant things of leisure do at the shore. They also furnished me with a text for my talk today. Her daughters were both charming young girls, pretty as peaches, both of them, graceful, considerate of an old woman like myself, and truly anxious to make everybody about them happy and contented. But two more disorderly children I have never been my good or ill fortune to meet; disorderly about their personal belongings, I mean.

On the afternoon of my arrival a motor trip had been planned for me with Olga, the elder daughter, while the younger, Netta, and her mother attended a suffrage tea which had been sprung on them unexpectedly. They had left the house some time before the hour appointed for our ride, and we had taken occasion to take a nap before starting out ourselves.

While I was changing my dress, Olga came running into my room and asked to borrow my comb.

"Netta is so careless," she complained. "She could not find a clean pair of gloves, brushes or toilet articles of any kind, that would have seemed to us a crime!"

What is your teaching, dear mothers? Do you realize the necessity of teaching your child to respect the property rights of others? Did you ever think of the development a child gets from the individual ownership of his own things? These are the things I want you to think about when your little ones get old enough to understand the difference between mine and yours.



THE DAILY CARE OF THE FEET.

(Copyright, 1915.)

No extremity of the body has more to do with its general health than the feet; no member is more dainty or more beautiful than a healthy, well-shaped, symmetrically-curved foot, free from the many blemishes which are all too common nowadays, and which come from lack of hygienic care of the feet and from wearing them in shoes which do not allow the free use of the muscles or admit of the evaporation of waste.

Nature intended that the feet should be free and untrammelled, but custom and environment say we shall stifle them. Ever since sandals ceased to be worn, back in the fifteenth and sixteenth centuries, we have gone on following fashion's dictates, trying to improve upon nature and her methods and violating her laws, until there is probably no part of the body so systematically abused and neglected as the feet.

A little care daily is all that is necessary for health and comfort. Each morning, in connection with your bath, bathe the feet in cold water and after drying them thoroughly rub briskly with a little salt, a flesh brush or coarse towel, being particular to remove all the loose cuticle from every part of the foot.

In wiping the feet, wipe thoroughly between the toes and run the fingers two or three times between the toes for the soothing effect upon the nerves.

Wipe each nail across and backward with a firm touch. This helps to prevent the cuticle from growing over them and from accumulating cuticle cells on their surface, causing them to thicken.

Each evening, if no special care of the feet is necessary for the relief of corns, bunions or similar difficulties, it is well to bathe them, first in warm water, then in shallow, cold water; then after drying rub them thoroughly with talcum or baby powder. The feet should be rubbed in this manner, so as to remove all of the loose cuticle and to dry the skin, and to prevent the feet from becoming chapped.

Then take the ball of the foot between the palms of both hands and work all of the joints free, rubbing between the toes with the fingers. This will have a soothing effect upon the entire body. There is nothing much more soothing than the palm of the hand in contact with the nerves of the feet.

Don't let the feet be just as essential to refinement as are dainty hands.

Don't forget that a good fitting shoe is one of the essentials for healthy, well-shaped feet.

Don't wear a shoe that is too large or too small as it causes friction or pressure.

Don't be a fashion plate and mimic a shoe on heels that resemble a stiletto. Get sensible shoes, dainty and pretty, that will fit your feet, and see to it that the high-heeled absurdities have no part in your wardrobe. A graceful carriage and free, easy walk will reward you.

The chief of police of Southampton, England, is advertised for policemen at a salary of from \$2 to \$4 a week.

the activity of the pores, good circulation, and the absorption of moisture. Don't forget that a well-shaped foot, although a trifle large, is preferable to a small, ill-shaped one.

Don't forget to change the shoes and stockings daily. (Your feet need fresh clothing as well as your body.)

Don't neglect to bathe the feet daily; remember that cleanliness is a step toward Godliness, and certain cleanliness of the feet is a step toward health.

Don't forget that soothing, kindly care of the feet soothes the nerves of the entire body.

Don't forget that a good complexion often depends upon the care you give to the feet.

Don't forget that the air should circulate about the feet.

Answers to Correspondents.

Miss Cocroft will endeavor to answer all questions relating to her department as promptly as possible. As it will not be practicable to print an answer to every inquiry, a stamped envelope should accompany each letter. All letters should be addressed to Miss Susanna Cocroft, care of this paper.

High-Heeled Shoes.

Miss M. A. writes: "I am a young girl, 18 years old, and am very fond of wearing pretty, high-heeled shoes. Is this harmful and what bad effects will it have?"

The wearing of high heels throws the entire body out of poise; the walk becomes mincing and affected, while the effort of Nature to maintain a normal balance brings a strong strain upon the stomach, abdominal muscles and upon the entire spinal column, often resulting in serious spinal or pelvic weakness or displacement of pelvic organs. They should never be used as walking shoes; only for a short time in the house. Surely you do not think that the affected walk and mincing gait caused by these French heels is "pretty"? There is no more dainty nor beautiful part of the body than a well-shaped foot, free from all the blemishes caused by the modern shoe. The ancient Greeks stand as the most perfect example of the body that a well-shaped foot, free from all the blemishes caused by the modern shoe, the ancient Greeks stand as the most perfect example of the body that a well-shaped foot, free from all the blemishes caused by the modern shoe, the ancient Greeks stand as the most perfect example of the body that a well-shaped foot, free from all the blemishes caused by the modern shoe.

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